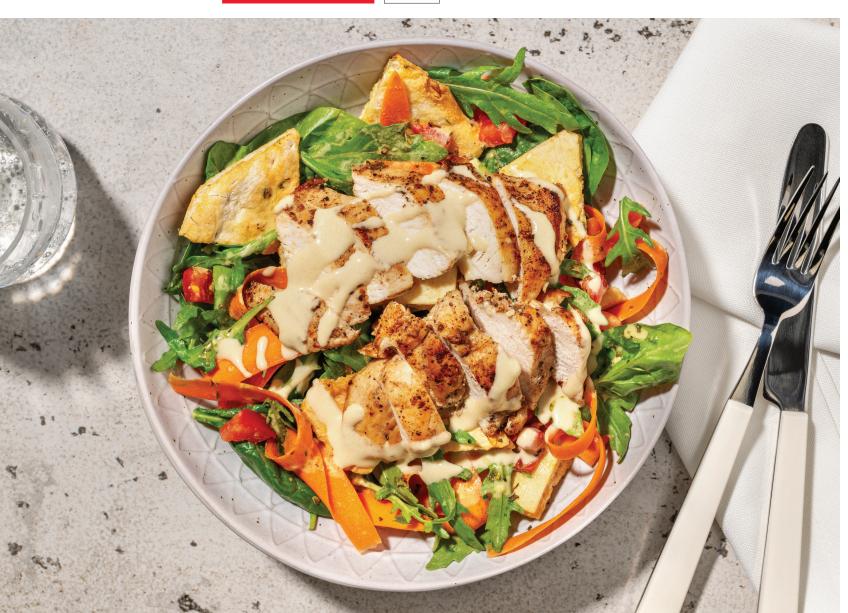


# Lemon Pepper Chicken & Crispy Pita Salad with Garlic Hummus & Golden Dressing

FEEL-GOOD TAKEAWAY

NEW



Grab your meal kit with this number











Carrot

Chicken Breast



Lemon Pepper Seasoning

Pita Bread





Hummus

Spinach & Rocket



Golden Goddess Dressing

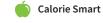






Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early





Crispy pita chips, check. Lemon pepper-spiced chicken, check. Garlic hummus, check. This dish is a trifecta of tasty flavours and whipped up together into a salad. Delish!

**Pantry items** Olive Oil

#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper · Large frying pan

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
tomato	1	2
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
lemon pepper seasoning	1 sachet	2 sachets
pita bread	2	4
hummus	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
golden goddess dressing	1 packet	2 packets
4.		

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (638cal)	296kJ (71cal)
Protein (g)	49.7g	5.5g
Fat, total (g)	19.9g	2.2g
- saturated (g)	2.8g	0.3g
Carbohydrate (g)	61.8g	6.8g
- sugars (g)	13.3g	1.5g
Sodium (mg)	1267mg	140.3mg
Dietary Fibre (g)	9g	1g

The quantities provided above are averages only.

#### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Preheat oven to 220°C/200°C fan forced.
- · Finely chop garlic.
- · Roughly chop tomato.
- Using a vegetable peeler, peel carrot into ribbons.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chicken, lemon pepper seasoning, a pinch of salt and a drizzle of clive oil.



# Bake the pita chips

- Cut or tear pita bread into bite-sized chunks.
- Place pita chips on a lined oven tray with half of the garlic, then drizzle with olive oil and season with salt and pepper.
- Toss to coat and bake until golden,
  8-10 minutes.



## Make the garlic hummus

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Add remaining garlic and cook until fragrant, 1 minute. Transfer to a small bowl.
- Add hummus and a splash of water to garlic oil mixture and stir to combine. Season to taste.



# Cook the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook chicken steaks until browned and cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).

**TIP:** The chicken is cooked through when it is no longer pink inside.



#### Toss the salad

 In a large bowl, combine pita chips, tomato, carrot, spinach & rocket mix and golden goddess dressing, tossing to combine. Season to taste.



#### Serve up

- · Slice chicken.
- Divide crispy pita chip salad between bowls, then top with lemon pepper chicken.
- Drizzle over garlic hummus to serve. Enjoy!

